

RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – SEPTEMBER 2015 (Hours: Mon. 7:30 – 5 pm & Tues.-Fri. 8:30 – 5 pm)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| September is National Senior Center Month. The 2015 theme is: “Celebrate LIFE at Your Senior Center!” | 8:45 RED HOT CHILI STEPPERS 1 WALKING CLUB 9-11 Silver Threads & Needles 9:45 TRIP TO FARMER’S MARKET 10:00 Yoga CANCELLED 10:45 “WHAT MAKES OUR SENIOR CENTER THE BEST & WHAT IT MEANS TO YOU” 1:00 Table Tennis | 2 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 9:45 SENIOR SHINERS TRAVEL TO LIFECARE ADULT DAYCARE 10:00 Line Dancing 12:30 Oil Art Group | 3 9-11 Silver Threads & Needles 10:30 “BLAST FROM THE PAST” 11:15 CHAIR EXERCISE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance/J.Cole | 4 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 CHAT WITH THE DIRECTOR 1:00 Table Tennis |
| 7 CLOSED FOR LABOR DAY | 8:45 RED HOT CHILI STEPPERS 8 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga CANCELLED 10:30 USE IT OR LOSE IT 1:00 Table Tennis | 9 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:00 “TELLING YOUR FAMILY MEMORIES THROUGH PICTURES” BY: JANE ARMSTRONG 12:30 Oil Art Group | 10 9-11 Silver Threads & Needles 10:30 “WHAT IS ELDER LAW?” BY: GREG MCINTYRE 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance/J.Cole 1:00 “LAST ONE STANDING” B – I – N – G – O | 11 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 9:00 - 11:30 “CRUISE IN” (CAR SHOW) 10:00 Fellowship & Singing 1:00 Table Tennis |
| 14 8:45 Aerobics 9:00 SilverStriders 9-11 BLOOD PRESSURE CHECK 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RED HOT CHILI STEPPERS WALKING CLUB MEETING 1:00 “GRANDPARENTS DAY” B – I – N – G – O | 8:45 RED HOT CHILI STEPPERS 15 WALKING CLUB 9-11 Silver Threads & Needles 9:30-11:30 COMPUTER ASSISANCE W/SANDRA BOYD 10:00 Yoga 10:30 PEN PALS 11:15 CHAIR EXERCISE 1:00 Table Tennis | 16 8:30 Wednesday Walk 8:45 TRIP TO HAMRICK’S & GAFFNEY PRIME OUTLETS 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 12:30 Oil Art Group | 17 9-11 Silver Threads & Needles 9-11 Silver Threads & Needles 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance/J.Cole 5:15 MEET & EAT – BIG DAVE’S <div style="border: 1px dashed black; padding: 5px; text-align: center;"> PRIME OF LIFE FESTIVAL AT THE FOUNDATION (ICC) 9:00 a.m. – 12:30 p.m. </div> | 18 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 10:30 DIABETES EDUCATION WITH ANITA PHILLIPS, RN & TOM MARTIN, PHARMACIST 1:00 Table Tennis |
| 21 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB ** 6:45 ZUMBA* **note NEW time*** **SEPTEMBER IS NATIONAL BISCUIT MONTH** | 8:45 RED HOT CHILI STEPPERS 22 WALKING CLUB 9-11 Silver Threads & Needles 9:30-11:30 COMPUTER ASSISANCE W/SANDRA BOYD 10:00 Yoga 10:30 “LET’S MAKE PEANUT BUTTER PUMPKINS” 1:00 Table Tennis 1:00 ICE CREAM SHOP | 23 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 “MORE IN MY BASKET” – (SNAP: SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM) PRESENTED BY: APRIL MORGAN 12:30 Oil Art Group | 24 9-11 Silver Threads & Needles 10:30 “FAMILY FEUD” 12:00 – 4:00 Bridge 12:30 – 2:00 Computer Assistance/J.Cole <div style="border: 1px dashed black; padding: 5px; text-align: center;"> GOOD LUCK TO ALL SENIORS COMPETING IN THE STATE FINAL SENIOR GAMES – BRING HOME THE GOLD! </div> | 25 8:45 Aerobics 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 1:00 Table Tennis |
| 28 8:45 Aerobics 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE | 8:45 RED HOT CHILI STEPPERS 29 WALKING CLUB 9-11 Silver Threads & Needles 10:00 Yoga 10:00 CRAFTING W/CRYSTAL – MAKING CARDS 1:00 Table Tennis | 30 8:30 Wednesday Walk 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:15 CRAFTING W/CRYSTAL: MAKING CANDY CORN DECORATION 11:15 BIRTHDAY RECOGNITION 12:30 Oil Art Group | DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop For questions about the Center or to make an appointment with a certified SHIP counselor call 287-6409 | |

COMING IN OCTOBER..... “LIVING HEALTHY WITH A CHRONIC PAIN” a 6 week workshop staring October 6 – November 10; *CLASS “MEDICARE CHOICES MADE EASY” at the Immaculate Conception Catholic Church, October 7 2-4 p.m. ***PINK ZUMBATHON Oct. 10; ***TAILGATE YARD SALE Oct. 9; ***RUTHERFORD COUNTY’S 14TH ANNUAL WEEK OF CARING Oct. 17-24**